

New Season of Training and Competition Starts for Tenby Dolphins.

This is our first report of the Autumn, and we are pleased say that the interest and enthusiasm of our group of swimmers is clearly undiminished after the long summer holidays.

Most of the training sessions over the summer were well attended, but now everyone is back and it is a little crowded at times. Be patient because things always settle down after a while. Head Coach John Amos reports that he is pleased with the progress being made, particularly by the younger members of the club who are applying themselves well and whom he expects will set some impressive new times in the coming weeks.

September is generally designated as a competition free month where coaches work hard on building the swimmers conditioning at the beginning of the season. However, such are the demands of the swimming calendar that this year we have already had two events since the schools went back.

Competition Results.

On Saturday 15th September, a group of Tenby swimmers selected as part of the Pembrokeshire County Team, travelled by coach to Aberystwyth to take part in a triangular gala with Carmarthenshire and Ceredigion. Considering that this was the first event of the season, our swimmers recorded some quite good results and we are pleased to report that Pembrokeshire won the gala quite comfortably.



Kiera Slack Comes up for air at the Dyfed Fastwater Meet.

Last weekend, on Saturday 22nd September, a Tenby team travelled to Llanelli to take part in the 2007 Dyfed Fastwater Meet. This is a team relay gala, where the swimmers compete in either boys, girls or mixed relay events. There are trophies for all three categories, plus an overall winning team prize. Unusually, rather than scoring points for each race, the team positions in each category are decided on the recorded cumulative times for each event.



Look at that old fellah go! Martyn James leads the team home in an Open relay event at the Dyfed Fastwater Meet.

Tenby were up against teams from Aberaeron, Carmarthen, Llanelli and a combined team from Haverfordwest and Milford Haven, swimming as the Cleddau Tiger Seals.



Jodie Jenkins makes a clean start at the Dyfed Fastwater Meet.

Relay competitions are always fast and furious, and this gala was no exception. The team swam very well as a group and emerged victorious in both the boys and girls categories as well as collecting the silverware as the overall winning team. Actually, Tenby nearly managed a clean sweep, but Carmarthen just managed to pip us to the post in the mixed events by just 0.25 seconds!



Edward James demonstrates great freestyle technique at the Dyfed Fastwater Meet.

Well done everyone it was a fun event! Lets see if we can carry on with this level of success throughout the season.



Dolphins team members wait poolside between their events at the Dyfed Fastwater Meet.

Forthcoming Events.

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| 6 th October | Llanelli Sprint Meet.
(Entries closed) |
| 7 th October | RAOB Junior Gala, Pembroke (Ages 7-10). Check the notice board for team selection details. |
| 13 th October | Speedo League Round 1.(11+) Check the notice board to see if you have been selected for the County Team! |
| 20 th -21 st October | Swim Swansea Junior Open, Penlan Swansea. (Good luck to those who have entered.) |
| 27 th -28 th October | Pembrokeshire Age Group Championships, Pembroke. This the most important Championships for many of our swimmers who do not venture further afield. All our swimmers should enter!!! |
| 3 rd November | Neath & Neath Valley Open. Neath Leisure Centre. Try this one out! It has events for a wide variety of ages and is all on one day. Nice medals and prizes! Recommended!! |
| 4 th November | Tudor Shield, Pembroke. |

Club News.

Our congratulations to Niamh Slack who has been selected by Swim Wales to join the South West Wales Skills Squad 2 for 2007. We are delighted to see that Niamh is following on from several of our older swimmers who have already received notice of selection to the South West Wales Regional Squad this year.

Niamh will be joined by Isabel Johns of Fishguard and Cara Watson from Haverfordwest which is a good sign that swimming in Tenby, and indeed Pembrokeshire as a whole, is certainly continuing to move in the right direction!



Niamh Slack, our latest recruit to the South Wales Skills Squads, takes a breath during a butterfly leg of a relay at the Dyfed Fastwater Meet.

This weekend, on Sunday 30th, an inaugural Pembrokeshire Skills camp is being held in Fishguard. A group of approximately twenty of our younger Pembrokeshire swimmers with the appropriate qualifying times have been invited to attend. A full days training and coaching has been planned which we are sure will be of great benefit to our up and coming county swimmers. The coaches have asked that the swimmers report to the Fishguard Leisure Centre pool at 10:00 am for a 10:30 start. Have fun!